

Section 7 – Barriers to Queensland children participating in physical activities for sport, exercise and recreation

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insight from complexity

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Barriers for children 5–17 years doing or increasing physical activity over the past 12 months – Overall barriers for children and for parents/carers

Barriers reported for children

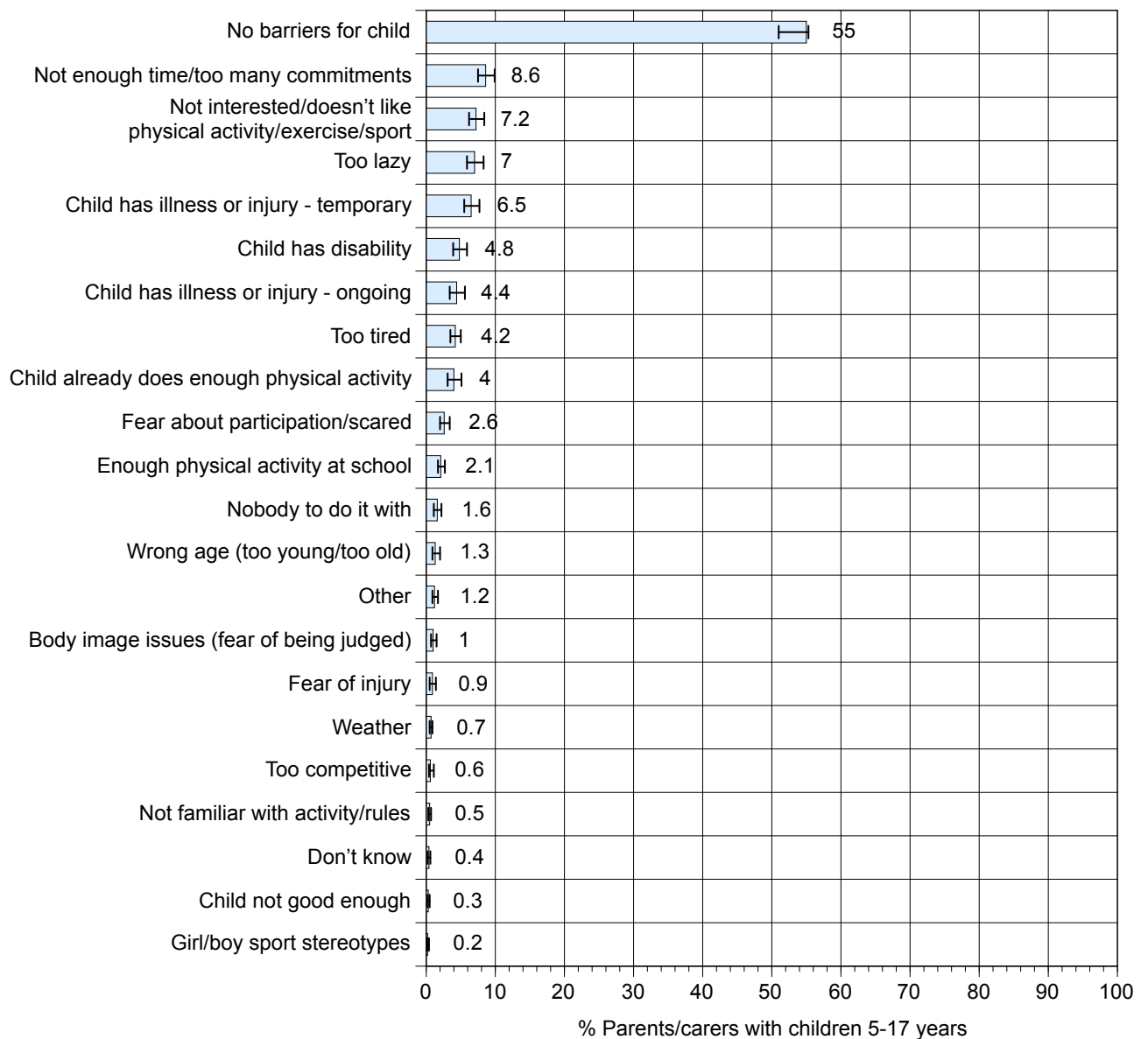
Barriers to physical activity participation have long been a subject of research interest. Hesketh et al (2017) recently conducted a systematic analysis of barriers in literature relating to children 0 to 6 years, which may be indicative of general barriers for children. Results showed that key barriers to physical activity or facilitators of sedentary behaviour were often the opposite of each other (and thus must be considered together). These related to the child, the home, out-of-home childcare, parent–childcare provider interactions, environmental factors, safety and the weather.

When each theme was mapped onto different levels of a socio-ecological model, the most common barriers related to barriers and facilitators at an *interpersonal level* (e.g., parents, care providers and family), highlighting that barriers for adults play a key role in determining children's physical activity.

As part of the study, parents and carers were asked to report the barriers for children doing or increasing their physical activity over the past 12 months. This phrasing was used to ensure relevance to the entire population of children including those with lower and higher physical activity levels. Overall child related barriers are in Figure 45, with detailed results in Table 59.

It is noteworthy that 55% of parents/carer reported no barriers for children at all to increasing their physical activity. The top five barriers from a child's perspective were reported by parents/carers as not enough time/too many commitments (8.6%), not being interested or not liking physical activity/exercise/sport (7.2%), being too lazy (7%) and the child having a temporary illness or injury (6.5%). This may suggest that a large proportion of parents/carers acknowledge that there are really few child–related barriers to their child increasing their physical activity level.

Figure 45. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months –
Child barriers (N=5273, December 2018–April 2019)



Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child) (Base: All parents/carers with a child aged 5–17 years)

Table 59. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Child barriers (N=5273, December 2018–April 2019)

Barriers	%	SE	LCL	UCL
Child barriers				
No barriers for child	55.0	1.1	51	55.3
Not enough time/too many commitments	8.6	0.6	7.5	9.9
Not interested/doesn't like physical activity/ exercise/sport	7.2	0.6	6.2	8.4
Too lazy	7.0	0.6	5.9	8.3
Child has illness or injury – temporary	6.5	0.6	5.5	7.7
Child has disability	4.8	0.5	3.9	5.9
Child has illness or injury – ongoing	4.4	0.6	3.4	5.6
Too tired	4.2	0.4	3.5	5
Child already does enough physical activity	4.0	0.5	3.1	5.1
Fear about participation/scared	2.6	0.4	2.0	3.4
Enough physical activity at school	2.1	0.3	1.7	2.7
Nobody to do it with	1.6	0.3	1.1	2.2
Wrong age (too young/too old)	1.3	0.3	0.9	2
Other	1.2	0.2	0.9	1.7
Body image issues (fear of being judged)	1.0	0.2	0.7	1.5
Fear of injury	0.9	0.2	0.5	1.4
Weather	0.7	0.1	0.5	0.9
Too competitive	0.6	0.2	0.4	1.1
Not familiar with activity/rules	0.5	0.1	0.3	0.7
Don't know	0.4	0.1	0.2	0.6
Child not good enough	0.3	0.1	0.2	0.5
Girl/boy sport stereotypes	0.2	0.1	0.1	0.4

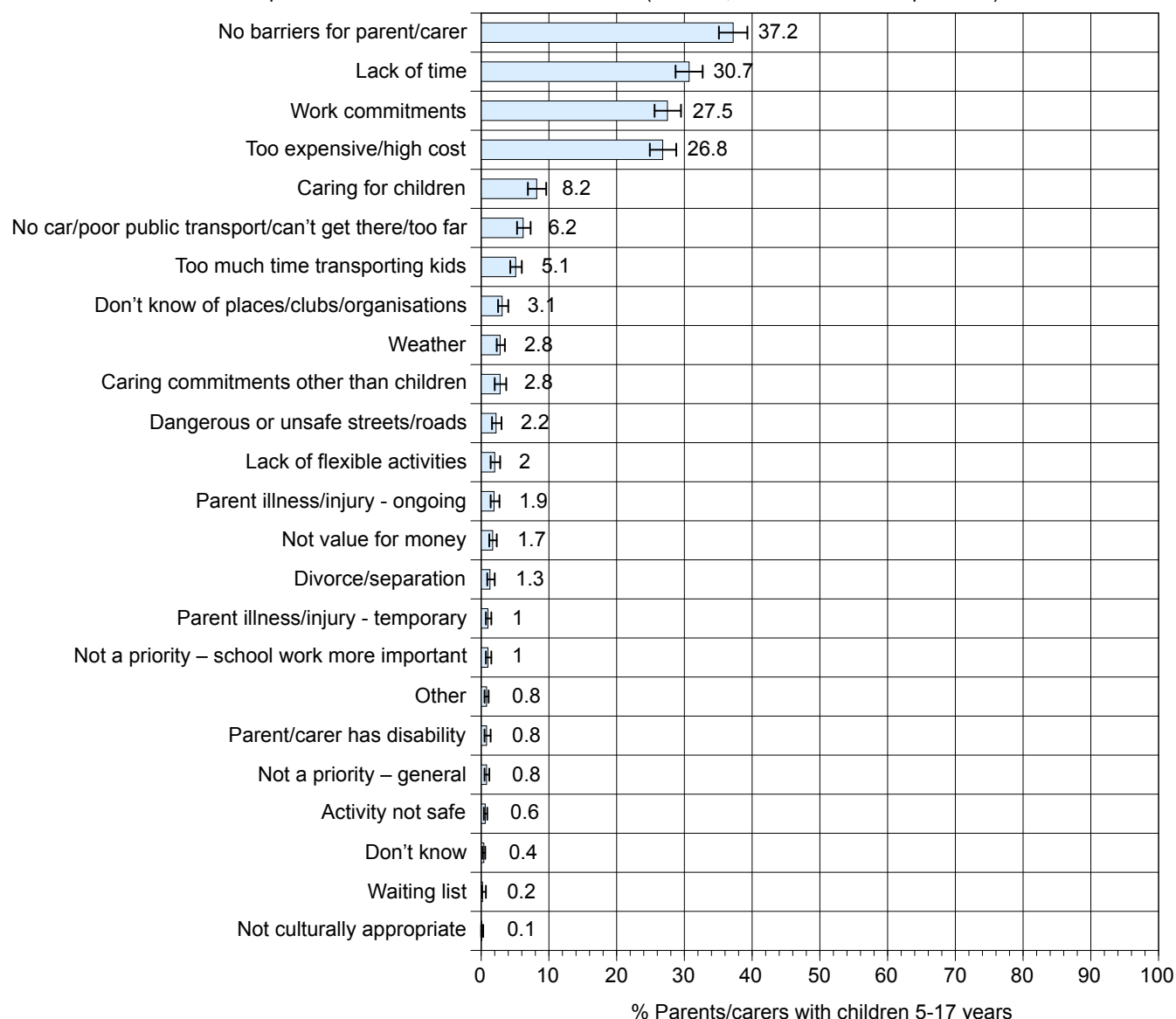
Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child) (Base: All parents/carers with a child aged 5–17 years)

Barriers reported for parents/carers

Barriers reported for parents/carers to children doing or increasing their physical activity over the past 12 months are in Figure 46, with detailed results in Table 60. In total, 37.2% reported no barriers for parents/carers.

In addition, the top responses were lack of time (30.7%), work commitments (27.5%) and the expense/costs (26.8%). Interestingly, having to care for other children (8.2%) and no car or transport issues (6.2%) were also highlighted as barriers for parents and carers. Overall, results suggest that most barriers to children taking part in physical activity are actually barriers for parents/carers, rather than children.

Figure 46. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Parent/carers barriers (N=5273, December 2018–April 2019)



Question: Were there any barriers for you or your spouse as parents/carers to doing or increasing his/her physical activity over the past 12 months? (Base: All parents/carers with a child aged 5–17 years)

Table 60. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Parent/carers barriers (N=5273, December 2018–April 2019)

Barriers	%	SE	LCL	UCL
Parent/carers barriers				
Lack of time	30.7	1.0	28.7	32.7
Not a priority – school work more important	1.0	0.2	0.7	1.5
Not a priority – general	0.8	0.2	0.5	1.2
Work commitments	27.5	1.0	25.6	29.5
Caring for children	8.2	0.7	6.9	9.6
Caring commitments other than children	2.8	0.4	2.0	3.7
No car/poor public transport/can't get there/too far	6.2	0.5	5.3	7.3
Too much time transporting kids	5.1	0.4	4.3	6.0
Too expensive/high cost	26.8	1.0	24.9	28.8
Not value for money	1.7	0.3	1.2	2.3
Don't know of places/clubs/organisations	3.1	0.4	2.5	4.0
Waiting list	0.2	0.1	0.1	0.7
Lack of flexible activities	2.0	0.4	1.4	2.8
Dangerous or unsafe streets/roads	2.2	0.3	1.6	3.0
Weather	2.8	0.3	2.3	3.5
Activity not safe	0.6	0.1	0.4	0.9
Parent/carers has disability	0.8	0.2	0.5	1.4
Parent illness/injury – temporary	1	0.2	0.7	1.5
Parent illness/injury – ongoing	1.9	0.3	1.4	2.7
Other	0.8	0.1	0.5	1.1
Don't know	0.4	0.1	0.2	0.6
Not culturally appropriate	0.1	0	0	0.3
No barriers for parent	37.2	1.1	35.1	39.3
Divorce/separation	1.3	0.3	0.9	2.0

Question: Were there any barriers for you or your spouse as parents/carers to doing or increasing his/her physical activity over the past 12 months? (Base: All parents/carers with a child aged 5–17 years)

Barriers for children 5–17 years doing or increasing physical activity over the past 12 months – Barriers for children and for parents/carers by child age

Barriers for children by age of child

Barriers for children by age are in Figure 47 and Table 61. Confidence intervals were not shown on the graph for clarity (given the many barriers presented on the graph). It is noteworthy that the percentage of parents/carers reporting 'no barriers' to physical activity was 62.1% for children 5 to 8 years, was 59.8% for children 9 to 11 years, was 49.8% for children 12 to 14 years and 44.8% for children 15 to 17 years.

Excluding ratings indicating 'no barriers', the top trends by age of the child were as follows.

It is interesting to note that not liking physical activity/exercise/sport seems to feature as a more prominent barrier as children start to form their own opinions around age 9–11 years and is the main reason for children 12–14 years. At ages 15–17 years, this continues to feature, however, time, overload of commitments and laziness also become prominent barriers.

The trend for disability and injury to impact participation is similarly noteworthy. This may highlight the potential to support parents/carers to find activities that suit particular physical needs of children or for programs to actively promote physical activity opportunities to parents/carers that have children with disabilities or injuries. Providing such programs to children with injuries may also help children continue physical activity habits with adaptations while injured or to pursue alternatives (also reducing the likelihood that good habits are broken, when children 'sit out' from activities for prolonged periods of time).

The top barriers for children 5 to 8 years were:

- ☎ Child has illness or injury – temporary (6.2%)
- ☎ Child already does enough physical activity (4.8%)
- ☎ Child has a disability (4.4%)
- ☎ Too tired (4%)
- ☎ Child has illness or injury – ongoing (4%)

The top barriers for children 9 to 11 years were:

- ☎ Not enough time/too many commitments (7.7%)
- ☎ Not interested/doesn't like physical activity/exercise/sport (6.9%)
- ☎ Too lazy (6.8%)
- ☎ Child has disability (5%)
- ☎ Child already does enough physical activity (4.9%)

The top barriers for children 12 to 14 years were:

- ☞ Not interested/doesn't like physical activity/exercise/ sport (11%)
- ☞ Too lazy (10%)
- ☞ Not enough time/too many commitments (8.9%)
- ☞ Child has illness or injury – temporary (7.7%)
- ☞ Too tired (5.8%)

The top barriers for children 15 to 17 years were:

- ☞ Not enough time/too many commitments (16.6%)
- ☞ Too lazy (9.8%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (8.6%)
- ☞ Child has illness or injury – temporary (8.2%)
- ☞ Child has disability (6.1%)

Significant differences in barriers by age

Relative to parents/carers with children of other ages, parents/carers of 5–8 year olds were less or more likely to report child related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Not interested/doesn't like physical activity/exercise/sport (OR=0.4, $p<.001$) ☞ Too lazy (OR=0.3, $p<.001$) ☞ Not enough time/too many commitments (OR=0.3, $p<.001$) ☞ Nobody to do it with (OR=0.4, $p<.05$) 	<ul style="list-style-type: none"> ☞ Wrong age (too young/too old) (OR=10.2, $p<.001$) ☞ No barriers for child (OR=1.5, $p<.001$)

Relative to parents/carers with children of other ages, parents/carers of 9–11 year olds were less or more likely to report child related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Body image issues (fear of being judged) (OR=0.2, $p<.001$) ☞ Wrong age (too young/too old) (OR=0.2, $p<.01$) ☞ Child has illness or injury – temporary (OR=0.6, $p<.01$) 	<ul style="list-style-type: none"> ☞ No barriers for child (OR=1.3, $p<.05$)

Relative to parents/carers with children of other ages, parents/carers of 12–14 year olds were less or more likely to report child related barriers as follows:

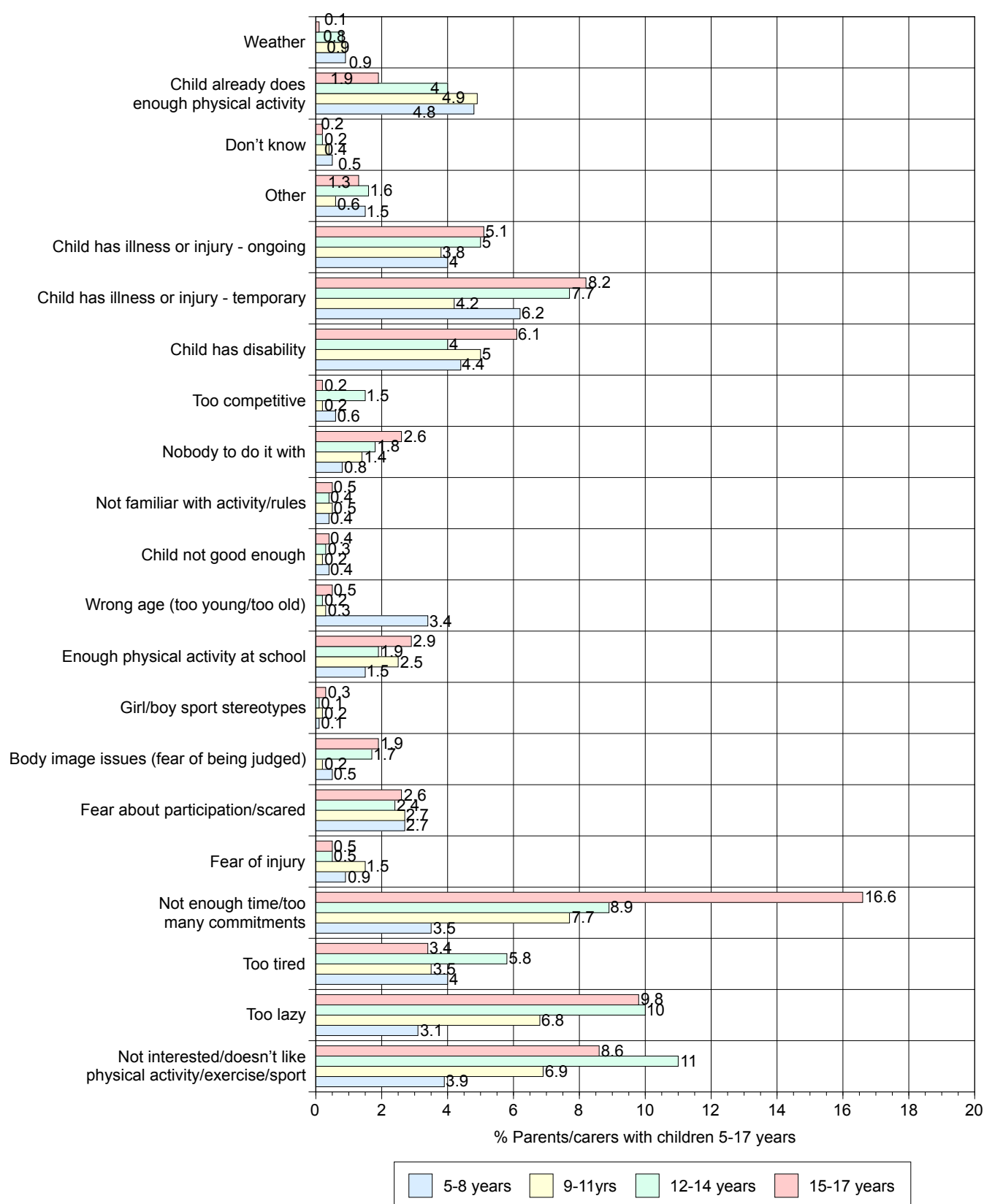
They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> Wrong age (too young/too old) (OR=0.1, $p<.001$) No barriers for child (OR=0.7, $p<.05$) 	<ul style="list-style-type: none"> Not interested/doesn't like physical activity/exercise/sport (OR=1.9, $p<.01$) Too lazy (OR=1.7, $p<.01$) Too tired (OR=1.7, $p<.05$) Too competitive (OR=3.8, $p<.05$)

Relative to parents/carers with children of other ages, parents/carers of 15–17 year olds were less or more likely to report child related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> Wrong age (too young/too old) (OR=0.3, $p<.05$) Too competitive (OR=0.3, $p<.05$) Child already does enough physical activity (OR=0.4, $p<.01$) No barriers for child (OR=0.6, $p<.001$) 	<ul style="list-style-type: none"> Too lazy (OR=1.6, $p<.05$) Not enough time/too many commitments (OR=3.0, $p<.001$) Body image issues (fear of being judged) (OR=2.6, $p<.05$)

Figure 47. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Child related barriers (N=5273, December 2018–April 2019)

Child related barriers by age of child



Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? (Base: All parents/carers with a child aged 5–17 years). Confidence intervals removed for clarity.

Barriers for parents/carers by age of child

Barriers for parents/carers by age of the child are in Figure 48 and Table 61. It is noteworthy that the percentage reporting 'no barriers for parents' to physical activity was 31.8% for parents/carers of children 5 to 8 years, was 35.5% for parents/carers of children 9 to 11 years, was 37.8% for parents/carers of children 12 to 14 years and 46% for parents/carers of children 15 to 17 years.

Excluding ratings indicating 'no barriers', the top trends by age of the child were as follows. Results interestingly showed that parent/carer barriers are quite significant in children's physical activity participation and that time and work commitments are major barriers for parents/carers of children of all ages. It is also noteworthy that cost and expense was a common barrier, as was caring for other children and travel requirements. This may highlight the value in placing low cost physical activities for children in local suburbs to avoid parents/carers having to spend onerous amounts of time taking children to their activities.

The top parent/carer related barriers for parents/carers of children 5 to 8 years were:

- ☎ Lack of time (34.8%)
- ☎ Work commitments (31.8%)
- ☎ Too expensive/high cost (29.3%)
- ☎ Caring for children (10.3%)
- ☎ No car/poor public transport/can't get there/too far (4.6%)

The top parent/carer related barriers for parents/carers of children 9 to 11 years were:

- ☎ Lack of time (34.1%)
- ☎ Work commitments (26.6%)
- ☎ Too expensive/high cost (26.3%)
- ☎ Caring for children (8.5%)
- ☎ No car/poor public transport/can't get there/too far (5.9%)

The top parent/carer related barriers for parents/carers of children 12 to 14 years were:

- ☎ Lack of time (28.7%)
- ☎ Too expensive/high cost (27.6%)
- ☎ Work commitments (27.4%)
- ☎ Caring for children (6.1%)
- ☎ No car/poor public transport/can't get there/too far (6%)

The top parent/carer related barriers for parents/carers of children 15 to 17 years were:

- ☎ Lack of time (23.2%)
- ☎ Too expensive/high cost (23.1%)
- ☎ Work commitments (22.4%)
- ☎ No car/poor public transport/can't get there/too far (9.1%)
- ☎ Caring for children (6.7%)

Significant differences in parent/carer barriers by age

Relative to parents/carers with children of other ages, parents/carers of 5–8 year olds were less or more likely to report parent/carer related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> No car/poor public transport/can't get there/too far (OR=0.6, $p<.05$) Not culturally appropriate (OR=0.7, $p<.001$) 	<ul style="list-style-type: none"> Lack of time (OR=1.3, $p<.01$) Not a priority – general (OR=2.5, $p<.05$) Work commitments (OR=1.4, $p<.01$) Caring for children (OR=1.5, $p<.05$) Weather (OR=1.9, $p<.01$)

Relative to parents/carers with children of other ages, parents/carers of 9–11 year olds showed no significant differences to report parent/carer related barriers.

Relative to parents/carers with children of other ages, parents/carers of 12–14 year olds were less or more likely to report parent/carer related barriers as follows:

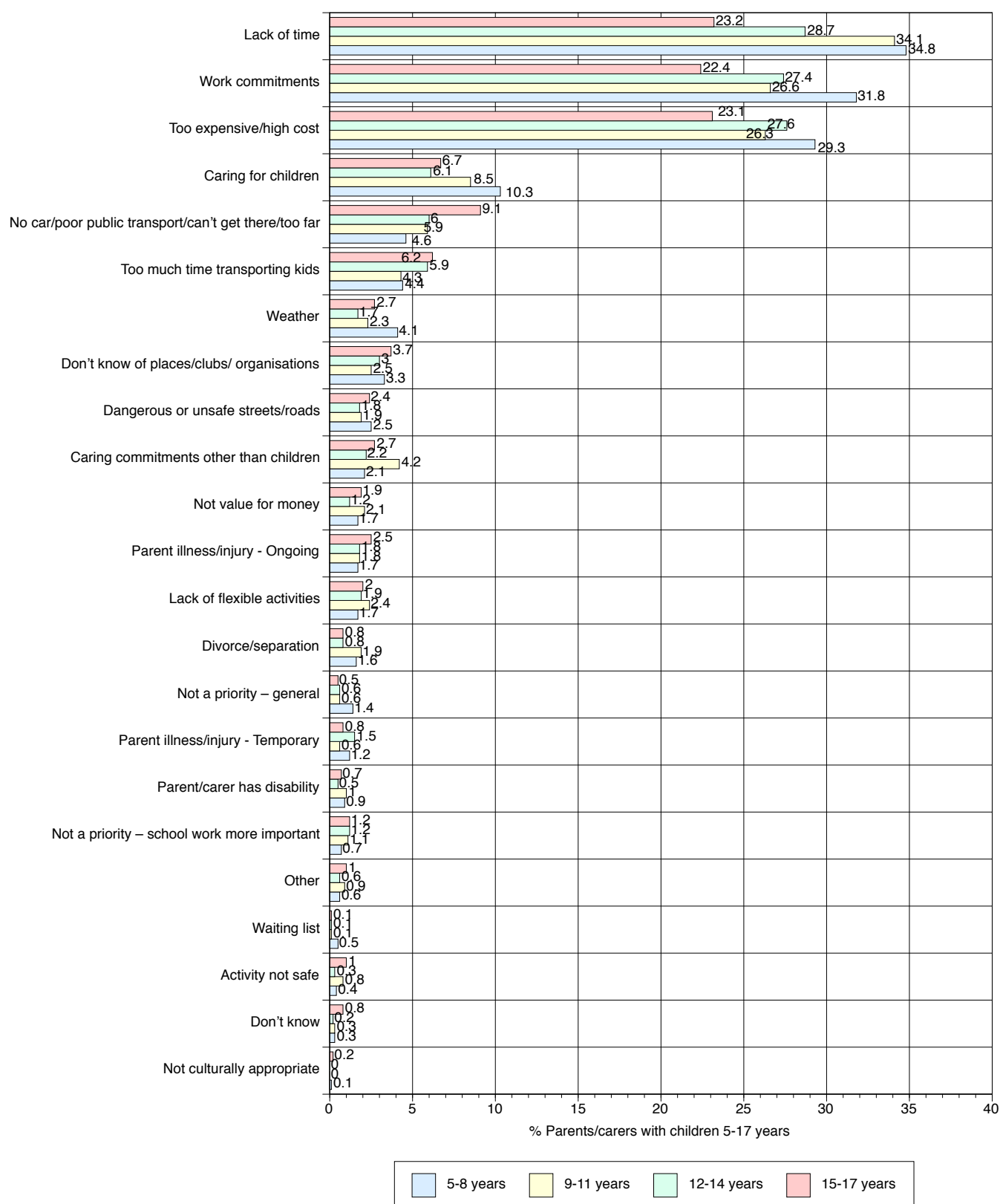
They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> Weather (OR=0.6, $p<.05$) 	<ul style="list-style-type: none"> NIL

Relative to parents/carers with children of other ages, parents/carers of 15–17 year olds were less or more likely to report parent/carer related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> Lack of time (OR=0.6, $p<.001$) Lack of time (OR=0.7, $p<.01$) Too expensive/high cost (OR=0.8, $p<.05$) No barriers for parent/carer (OR=1.6, $p<.001$) 	<ul style="list-style-type: none"> No car/poor public transport/can't get there/too far (OR=1.8, $p<.01$)

Figure 48. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Parent/carer related barriers (N=5273, December 2018–April 2019)

Parent/carer related barriers by age of child



Question: Were there any barriers for you or your spouse as parents/carers to your child doing or increasing his/her physical activity over the past 12 months? (Base: All parents/carers with a child aged 5–17 years).
Confidence intervals removed for clarity.

Table 61. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months –
Child and Parent/carers barriers by age (N=5273, December 2018–April 2019)

Barriers	Child age categories															
	5–8yrs (N=1710)				9–11yrs (N=1249)				12–14yrs (N=1155)				15–17yrs (N=1159)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
Barriers for children																
Not interested/doesn't like physical activity/exercise/sport	3.9	0.6	2.9	5.4	6.9	1.2	4.8	9.7	11	1.5	8.4	14.2	8.6	1.2	6.5	11.3
Too lazy	3.1	0.7	2	4.8	6.8	1.1	4.9	9.4	10	1.4	7.5	13.2	9.8	1.6	7	13.6
Too tired	4	0.6	3.1	5.3	3.5	0.8	2.2	5.5	5.8	1	4.1	8.1	3.4	0.6	2.4	4.8
Not enough time/too many commitments	3.5	0.5	2.6	4.6	7.7	1.1	5.7	10.2	8.9	1.2	6.9	11.5	16.6	1.9	13.2	20.6
Fear of injury	0.9	0.4	0.4	1.9	1.5	0.8	0.5	4	0.5	0.2	0.2	1	0.5	0.2	0.3	1.1
Fear about participation/scared	2.7	0.7	1.6	4.3	2.7	0.8	1.5	5	2.4	0.6	1.5	4	2.6	0.7	1.6	4.3
Body image issues (fear of being judged)	0.5	0.2	0.2	1.3	0.2	0.1	0.1	0.4	1.7	0.5	0.9	3.2	1.9	0.5	1.1	3.3
Girl/boy sport stereotypes	0.1	0.1	0	0.7	0.2	0.1	0.1	0.7	0.1	0.1	0	0.6	0.3	0.2	0.1	1.4
Enough physical activity at school	1.5	0.3	1	2.3	2.5	0.5	1.6	3.8	1.9	0.4	1.3	2.9	2.9	0.8	1.7	4.9
Wrong age (too young/too old)	3.4	0.8	2.1	5.5	0.3	0.2	0.1	0.8	0.2	0.1	0.1	0.5	0.5	0.2	0.2	1.3
Child not good enough	0.4	0.1	0.2	0.8	0.2	0.1	0.1	0.6	0.3	0.1	0.1	0.7	0.4	0.2	0.2	0.9
Not familiar with activity/rules	0.4	0.1	0.2	0.8	0.5	0.2	0.3	1.1	0.4	0.2	0.1	1.3	0.5	0.3	0.1	1.7
Nobody to do it with	0.8	0.2	0.5	1.4	1.4	0.5	0.8	2.7	1.8	0.5	1	3.1	2.6	1	1.2	5.5
Too competitive	0.6	0.3	0.2	1.6	0.2	0.1	0.1	0.6	1.5	0.6	0.7	3.3	0.2	0.1	0.1	0.6

Barriers	Child age categories															
	5–8yrs (N=1710)				9–11yrs (N=1249)				12–14yrs (N=1155)				15–17yrs (N=1159)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
Child has disability	4.4	0.9	2.9	6.4	5	1	3.4	7.3	4	0.9	2.5	6.3	6.1	1.2	4.2	8.8
Child has illness or injury – temporary	6.2	1.2	4.1	9.1	4.2	0.7	3.1	5.8	7.7	1.2	5.6	10.5	8.2	1.2	6.1	10.8
Child has illness or injury – ongoing	4	1.2	2.2	7	3.8	0.9	2.4	6	5	1.2	3.2	7.9	5.1	1.1	3.3	7.8
Other	1.5	0.4	0.9	2.4	0.6	0.2	0.3	1.2	1.6	0.6	0.7	3.4	1.3	0.3	0.8	2.1
Don't know	0.5	0.2	0.3	0.9	0.4	0.2	0.2	1	0.2	0.1	0.1	0.6	0.2	0.2	0	1.2
Child already does enough physical activity	4.8	1.1	3	7.5	4.9	1	3.2	7.3	4	1.2	2.2	7.1	1.9	0.5	1.1	3.2
No barriers for child	62.1	2	56.9	64.6	59.8	2.2	54.2	62.6	49.8	2.3	43.9	52.8	44.8	2.3	37.1	46.1
Weather	0.9	0.2	0.6	1.4	0.9	0.2	0.5	1.5	0.8	0.2	0.4	1.4	0.1	0	0	0.2
Barriers for parents																
Lack of time	34.8	1.8	31.3	38.5	34.1	2.1	30.1	38.4	28.7	2	24.9	32.7	23.2	2.1	19.4	27.6
Not a priority – school work more important	0.7	0.3	0.3	1.7	1.1	0.4	0.6	2.2	1.2	0.4	0.6	2.2	1.2	0.4	0.6	2.3
Not a priority – general	1.4	0.4	0.8	2.4	0.6	0.2	0.3	1.2	0.6	0.3	0.2	1.8	0.5	0.2	0.2	1
Work commitments	31.8	1.9	28.2	35.7	26.6	1.8	23.2	30.4	27.4	1.9	23.8	31.3	22.4	2.1	18.6	26.7
Caring for children	10.3	1.4	7.8	13.5	8.5	1.4	6.1	11.7	6.1	1.1	4.3	8.7	6.7	1.3	4.5	9.9
Caring commitments other than children	2.1	0.4	1.4	3.2	4.2	1.2	2.4	7.3	2.2	0.6	1.4	3.6	2.7	1	1.2	5.7
No car/poor public transport/can't get there/too far	4.6	0.8	3.3	6.4	5.9	0.9	4.3	7.9	6	0.9	4.4	8.1	9.1	1.3	6.9	12

Barriers	Child age categories															
	5–8yrs (N=1710)				9–11yrs (N=1249)				12–14yrs (N=1155)				15–17yrs (N=1159)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
Too much time transporting kids	4.4	0.8	3	6.3	4.3	0.7	3.1	5.8	5.9	1	4.2	8.1	6.2	1	4.5	8.5
Too expensive/high cost	29.3	1.8	25.9	32.9	26.3	1.9	22.7	30.3	27.6	2.2	23.6	32	23.1	2.1	19.3	27.4
Not value for money	1.7	0.5	0.9	3	2.1	0.5	1.2	3.4	1.2	0.3	0.7	2	1.9	0.6	1	3.6
Don't know of places/clubs/organisations	3.3	0.6	2.3	4.7	2.5	0.6	1.6	3.9	3	0.7	1.9	4.6	3.7	1.2	1.9	7
Waiting list	0.5	0.4	0.1	2.3	0.1	0.1	0	0.5	0.1	0.1	0	0.7	0.1	0	0	0.2
Lack of flexible activities	1.7	0.7	0.8	3.7	2.4	0.5	1.5	3.7	1.9	0.7	0.9	4	2	0.9	0.8	5
Dangerous or unsafe streets/roads	2.5	0.6	1.6	3.9	1.9	0.5	1.2	3.1	1.8	0.6	0.9	3.6	2.4	1	1.1	5.3
Weather	4.1	0.7	3	5.6	2.3	0.4	1.6	3.2	1.7	0.4	1	2.8	2.7	0.8	1.5	4.9
Activity not safe	0.4	0.1	0.2	0.7	0.8	0.3	0.3	1.8	0.3	0.2	0.1	0.9	1	0.4	0.4	2.3
Parent/carer has disability	0.9	0.2	0.5	1.5	1	0.7	0.3	3.7	0.5	0.3	0.2	1.4	0.7	0.5	0.2	2.5
Parent illness/injury – temporary	1.2	0.4	0.6	2.3	0.6	0.2	0.3	1.1	1.5	0.5	0.7	3	0.8	0.3	0.4	1.7
Parent illness/injury – ongoing	1.7	0.5	0.9	3.1	1.8	0.6	1	3.4	1.8	0.5	1	3.2	2.5	1	1.2	5.2
Other	0.6	0.3	0.2	1.4	0.9	0.3	0.5	1.8	0.6	0.2	0.3	1.2	1	0.4	0.5	2.1
Don't know	0.3	0.1	0.1	0.5	0.3	0.1	0.1	0.7	0.2	0.1	0.1	0.6	0.8	0.3	0.4	1.7
Not culturally appropriate	0.1	0.1	0	0.5	0	0	0	0	0	0	0	0	0.2	0.2	0	1.3
No barriers for parent	31.8	1.8	28.4	35.4	35.5	2.2	31.4	39.9	37.8	2.2	33.5	42.2	46	2.3	41.5	50.6
Divorce/separation	1.6	0.5	0.9	2.9	1.9	0.8	0.8	4.4	0.8	0.3	0.4	1.6	0.8	0.5	0.3	2.6

Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child). How about any barriers for you or your spouse as parents/carers? (Base: All parents/carers with a child aged 5–17 years)

Barriers for children 5–17 years doing or increasing physical activity over the past 12 months – Barriers for children and for parents/carers by child gender

Barriers for children by gender of child

Barriers for children by the gender of the child are in Figure 49 and Table 62.

Interestingly, 53.3% of parents/carers of boys reported no barriers, as did 56.7% of parents/carers of girls.

Apart from 'no barriers', the top barriers for boys reported by parents/carer were:

- ☞ Too lazy (8.5%)
- ☞ Not enough time/too many commitments (7.7%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (7%)
- ☞ Child has illness or injury – temporary (6.9%)
- ☞ Child has disability (6.2%)

The top barriers for girls reported by parents/carer were:

- ☞ Not enough time/too many commitments (9.6%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (7.5%)
- ☞ Child has illness or injury – temporary (6%)
- ☞ Too lazy (5.5%)
- ☞ Child already does enough physical activity (4.5%)

Significant differences in parent/carer barriers by age

Relative to girls, parents/carers of boys were more likely to report the following as child related barriers:

- ☞ Too lazy (OR=1.6, $p<.05$)
- ☞ Child has disability (OR=1.9, $p<.01$)

Relative to girls, parents/carers of boys were less likely to report the following as child related barriers:

- ☞ Body image issues (fear of being judged) (OR=0.4, $p<.05$)

Barriers for parents/carers by gender of child

Barriers for parents/carers by the gender of the child are in Figure 50 and Table 62. Interestingly, 35.8% of parents/carers of boys reported no parents barriers, as did 38.7% of parents/carers of girls.

Apart from 'no barriers' for parents, the top parent/carer barriers for parents/carers of boys were:

- ☞ Lack of time (29.9%)
- ☞ Work commitments (29.5%)
- ☞ Too expensive/high cost (26.8%)
- ☞ Caring for children (7.9%)
- ☞ No car/poor public transport/can't get there/too far (6.4%)

The top parent/carer barriers for parents/carers of girls were:

- ☞ No barriers for parent/carer (38.7%)
- ☞ Lack of time (31.5%)
- ☞ Too expensive/high cost (26.9%)
- ☞ Work commitments (25.4%)
- ☞ Caring for children (8.4%)
- ☞ No car/poor public transport/can't get there/too far (6%)

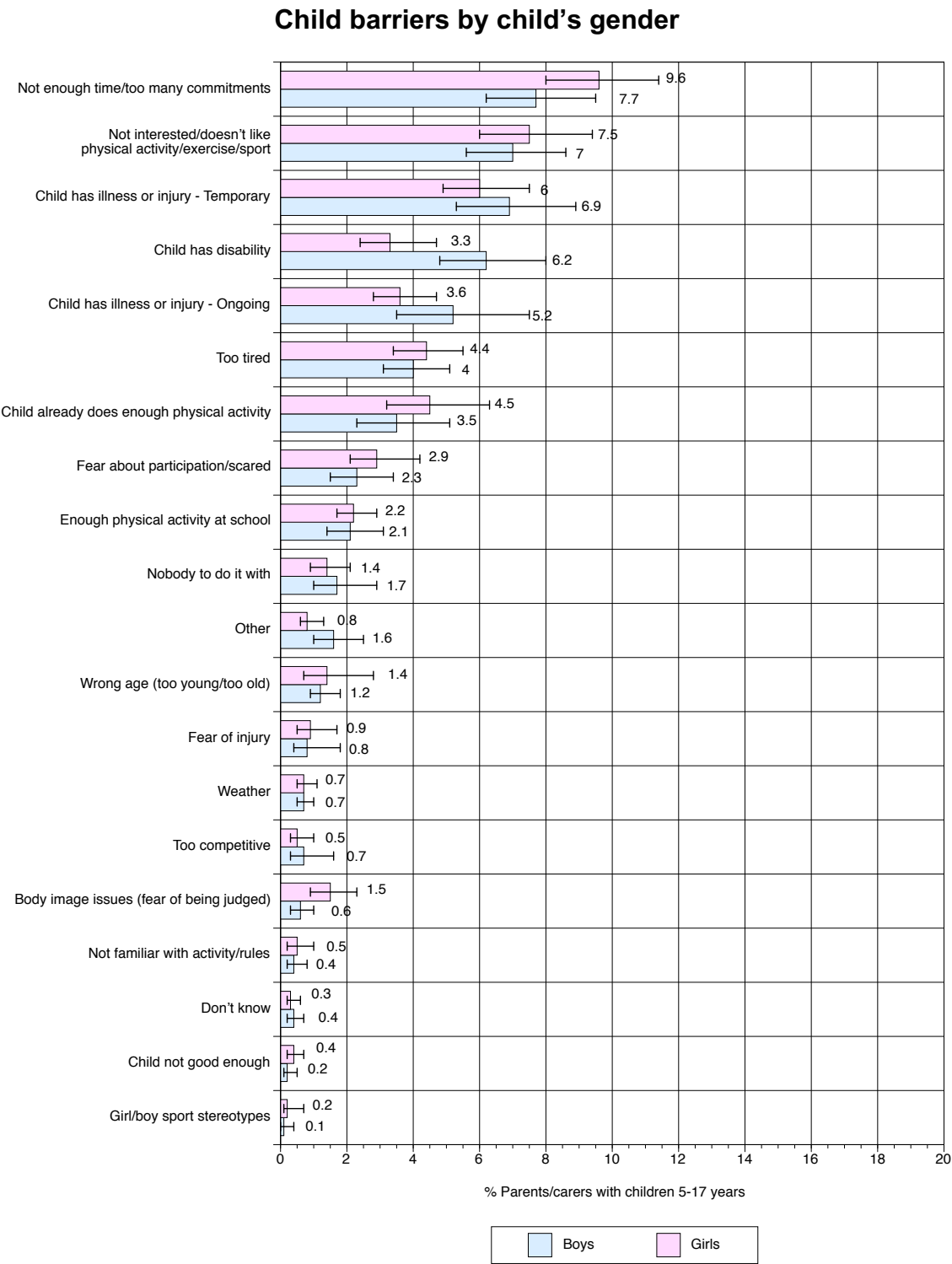
Relative to girls, parents/carers of boys were more likely to report the following as child related barriers:

- ☞ Work commitments (OR=1.2, $p<.05$)

Relative to girls, parents/carers of boys were less likely to report the following as child related barriers:

- ☞ Parent illness/injury – temporary (OR=0.4, $p<.05$)

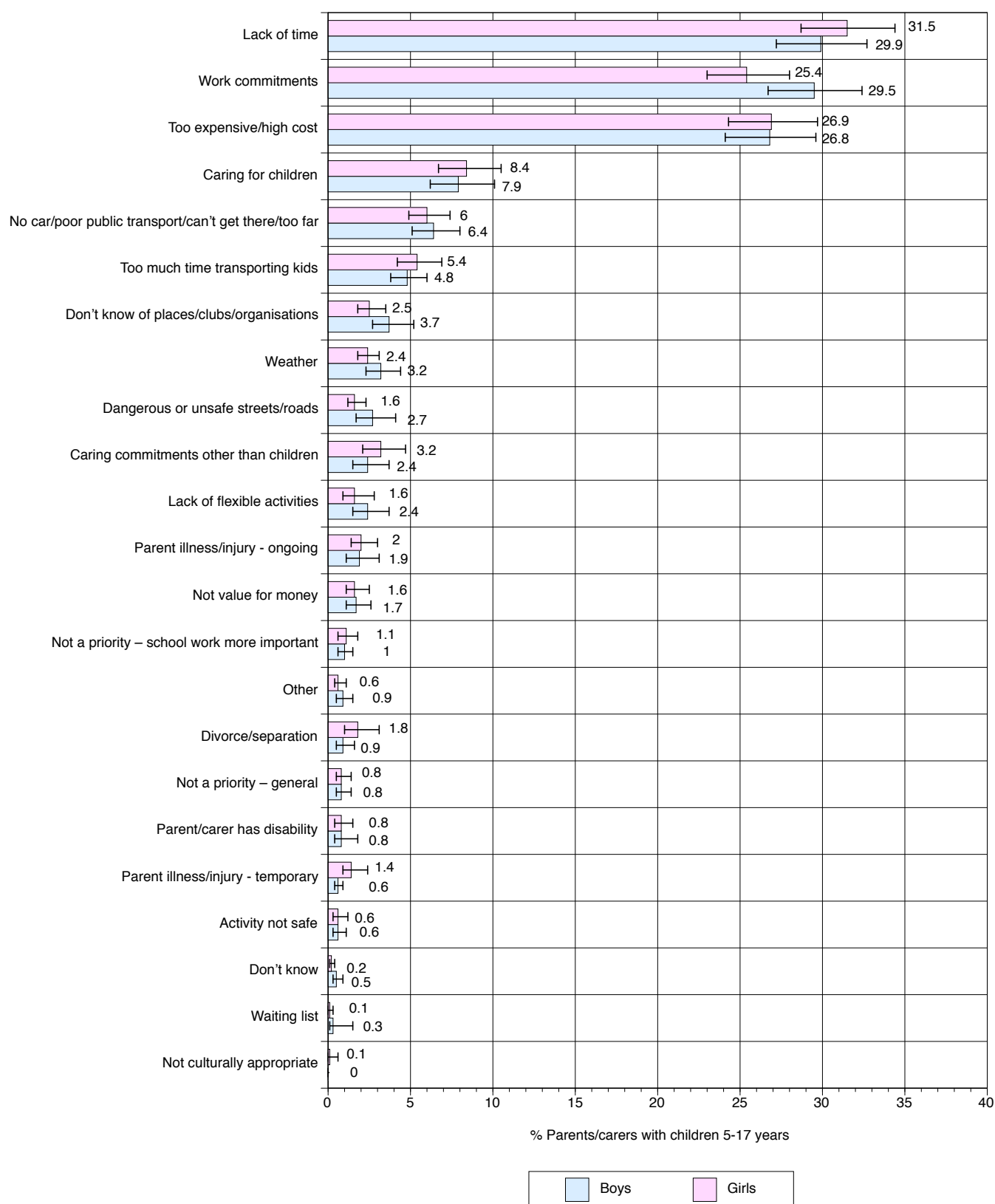
Figure 49. Child and parent/carer barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Child barriers by child gender (N=5273, December 2018–April 2019)



Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months?
Just barriers for (Child) (Base: All parents/carers with a child aged 5–17 years)

Figure 50. Child and parent/carer barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Parent barriers by child gender (N=5273, December 2018–April 2019)

Parent/carer barriers by child's gender



Question: Were there any barriers for you or your spouse as parents/carers for your child doing or increasing his/her physical activity over the past 12 months? (Base: All parents/carers with a child aged 5–17 years)

Table 62. Child and parent/carer barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Results by child gender (N=5273, December 2018–April 2019)

Barriers	Child Gender							
	Boys (N=2713)				Girls (N=2560)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Child barriers								
Not interested/doesn't like physical activity/exercise/sport	7	0.7	5.6	8.6	7.5	0.8	6	9.4
Too lazy	8.5	0.9	6.8	10.5	5.5	0.8	4.2	7.2
Too tired	4	0.5	3.1	5.1	4.4	0.5	3.4	5.5
Not enough time/too many commitments	7.7	0.8	6.2	9.5	9.6	0.9	8	11.4
Fear of injury	0.8	0.3	0.4	1.8	0.9	0.3	0.5	1.7
Fear about participation/scared	2.3	0.5	1.5	3.4	2.9	0.5	2.1	4.2
Body image issues (fear of being judged)	0.6	0.2	0.3	1.0	1.5	0.4	0.9	2.3
Girl/boy sport stereotypes	0.1	0.1	0	0.4	0.2	0.1	0.1	0.7
Enough physical activity at school	2.1	0.4	1.4	3.1	2.2	0.3	1.7	2.9
Wrong age (too young/too old)	1.2	0.2	0.9	1.8	1.4	0.5	0.7	2.8
Child not good enough	0.2	0.1	0.1	0.5	0.4	0.1	0.2	0.7
Not familiar with activity/rules	0.4	0.1	0.2	0.8	0.5	0.2	0.2	1
Nobody to do it with	1.7	0.5	1	2.9	1.4	0.3	0.9	2.1
Too competitive	0.7	0.3	0.3	1.6	0.5	0.2	0.3	1
Child has disability	6.2	0.8	4.8	8	3.3	0.6	2.4	4.7
Child has illness or injury – temporary	6.9	0.9	5.3	8.9	6	0.7	4.9	7.5
Child has illness or injury – ongoing	5.2	1	3.5	7.5	3.6	0.5	2.8	4.7
Other (specify)	1.6	0.4	1	2.5	0.8	0.2	0.6	1.3
Don't know	0.4	0.1	0.2	0.7	0.3	0.1	0.2	0.6
Child already does enough physical activity	3.5	0.7	2.3	5.1	4.5	0.8	3.2	6.3
No barriers for child	53.3	1.6	50.3	56.3	56.7	1.5	53.7	59.7
Weather	0.7	0.1	0.5	1.0	0.7	0.2	0.5	1.1

Barriers	Child Gender							
	Boys (N=2713)				Girls (N=2560)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Parent barriers								
Lack of time	29.9	1.4	27.2	32.7	31.5	1.5	28.7	34.4
Not a priority – school work more important	1	0.2	0.6	1.5	1.1	0.3	0.6	1.8
Not a priority – general	0.8	0.2	0.5	1.4	0.8	0.2	0.5	1.4
Work commitments	29.5	1.5	26.7	32.4	25.4	1.3	23	28
Caring for children	7.9	1	6.2	10.1	8.4	1	6.7	10.5
Caring commitments other than children	2.4	0.5	1.5	3.7	3.2	0.6	2.1	4.7
No car/poor public transport/can't get there/too far	6.4	0.7	5.1	8	6	0.6	4.9	7.4
Too much time transporting kids	4.8	0.6	3.8	6	5.4	0.7	4.2	6.9
Too expensive/high cost	26.8	1.4	24.1	29.6	26.9	1.4	24.3	29.7
Not value for money	1.7	0.4	1.1	2.6	1.6	0.4	1.1	2.5
Don't know of places/clubs/organisations	3.7	0.6	2.7	5.2	2.5	0.4	1.8	3.5
Waiting list	0.3	0.2	0.1	1.5	0.1	0.1	0	0.3
Lack of flexible activities	2.4	0.5	1.5	3.7	1.6	0.5	0.9	2.8
Dangerous or unsafe streets/roads	2.7	0.6	1.7	4.1	1.6	0.3	1.2	2.3
Weather	3.2	0.5	2.3	4.4	2.4	0.3	1.8	3.1
Activity not safe	0.6	0.2	0.3	1.1	0.6	0.2	0.3	1.2
Parent/carer has disability	0.8	0.3	0.4	1.8	0.8	0.3	0.4	1.5
Parent illness/injury – temporary	0.6	0.1	0.4	0.9	1.4	0.4	0.9	2.4
Parent illness/injury – ongoing	1.9	0.5	1.1	3.1	2	0.4	1.4	3
Other	0.9	0.2	0.5	1.5	0.6	0.2	0.4	1.1
Don't know	0.5	0.1	0.3	0.9	0.2	0.1	0.1	0.4
Not culturally appropriate	0	0	0	0	0.1	0.1	0	0.6
No barriers for parent	35.8	1.4	33	38.7	38.7	1.5	35.7	41.7
Divorce/separation	0.9	0.3	0.5	1.6	1.8	0.5	1.0	3.1

Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months?
Just barriers for (Child). How about any barriers for you or your spouse as parents/carers?

(Base: All parents/carers with a child aged 5–17 years)

Barriers for children 5–17 years doing or increasing physical activity over the past 12 months – Barriers for children and for parents/carers by region

Barriers for children by Region

Child related barriers to physical activity by region are in Figure 51 and Table 63. Apart from no barriers, the top barriers by region were as follows.

Far North Region

- Ⓜ Not enough time/too many commitments (7.1%)
- Ⓜ Not interested/doesn't like physical activity/exercise/sport (5.6%)
- Ⓜ Too lazy (4.9%)
- Ⓜ Child has illness or injury – temporary (4%)
- Ⓜ Too tired (3.7%)

North Region

- Ⓜ Not enough time/too many commitments (7%)
- Ⓜ Child has illness or injury – temporary (6.8%)
- Ⓜ Too lazy (6.7%)
- Ⓜ Not interested/doesn't like physical activity/exercise/sport (6.6%)
- Ⓜ Child has disability (4.3%)

South West Region

- Ⓜ Not enough time/too many commitments (7.9%)
- Ⓜ Not interested/doesn't like physical activity/exercise/sport (6.2%)
- Ⓜ Too lazy (6.1%)
- Ⓜ Child has illness or injury – ongoing (6.1%)
- Ⓜ Too tired (5.6%)

North Coast Region

- Ⓜ Not enough time/too many commitments (8.7%)
- Ⓜ Too lazy (8.3%)
- Ⓜ Child has illness or injury – temporary (6.7%)
- Ⓜ Not interested/doesn't like physical activity/exercise/sport (5.8%)
- Ⓜ Child has illness or injury – ongoing (4.8%)

South Coast Region

- ☞ Not enough time/too many commitments (9.8%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (9.6%)
- ☞ Child has illness or injury – temporary (7.2%)
- ☞ Child already does enough physical activity (6.9%)
- ☞ Too lazy (6.8%)

Significant differences in barriers for children by Region

Significant differences in child barriers for parents/carers with children in Far North Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Too lazy (OR=0.7, $p<.05$) ☞ Fear of injury (OR=0.2, $p<.05$) ☞ Fear about participation/scared (OR=0.5, $p<.05$) ☞ Child has illness or injury – temporary (OR=0.6, $p<.05$) 	<ul style="list-style-type: none"> ☞ No barriers for child (OR=1.4, $p<.01$)

Significant differences for child barriers for parents/carers with children in North Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Child already does enough physical activity (OR=0.6, $p<.05$) 	<ul style="list-style-type: none"> ☞ Not familiar with activity/rules (OR=3.3, $p<.05$)

Significant differences for child barriers for parents/carers with children in South West Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Child already does enough physical activity (OR=0.2, $p<.001$) 	<ul style="list-style-type: none"> ☞ NIL

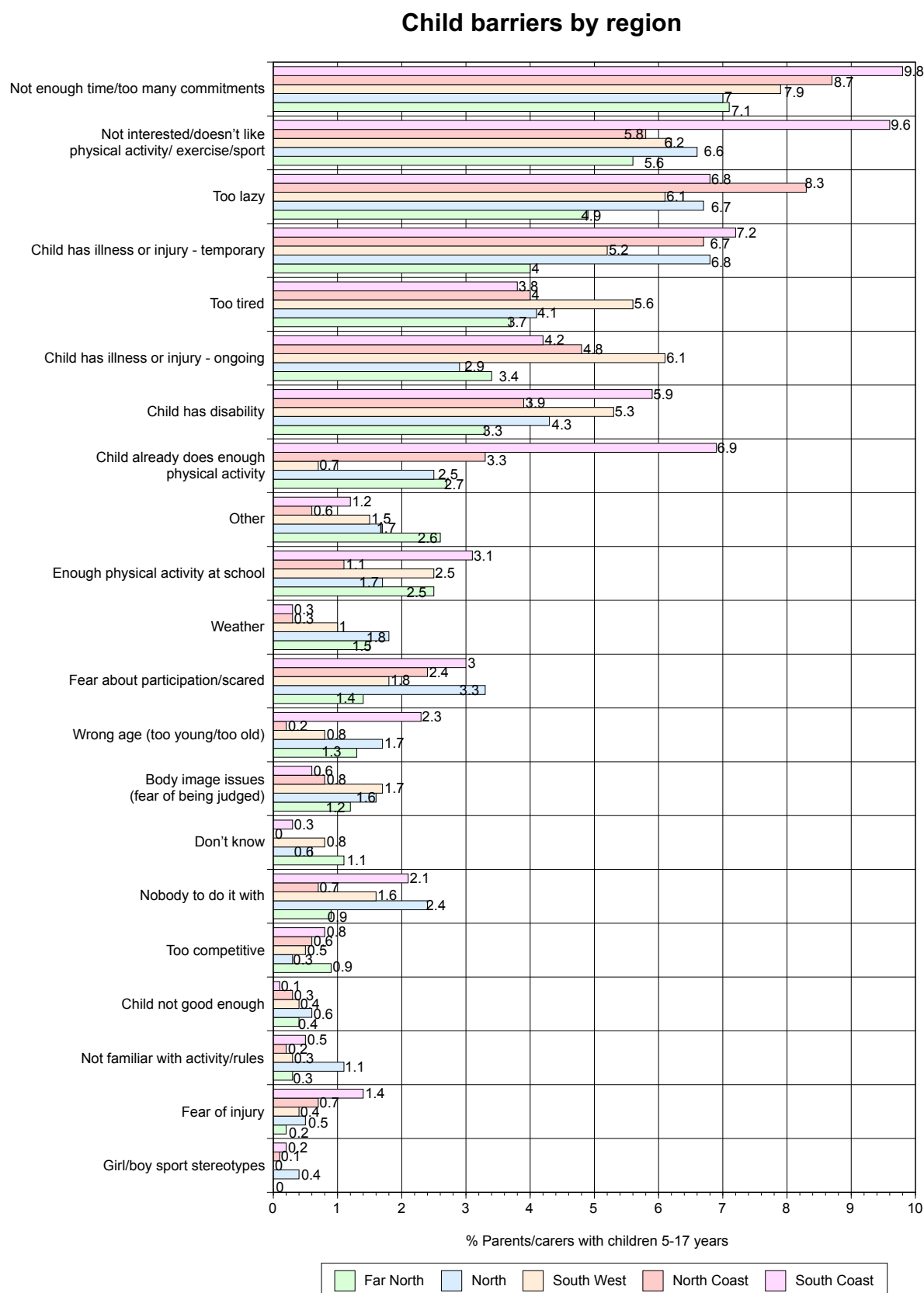
Significant differences for child barriers for parents/carers with children in North Coast Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> Ⓢ Enough physical activity at school (OR=0.4, $p<.01$) Ⓢ Wrong age (too young/too old) (OR=0.1, $p<.001$) Ⓢ Nobody to do it with (OR=0.4, $p<.05$) 	<ul style="list-style-type: none"> Ⓢ No barriers for child (OR=1.3, $p<.05$)

Significant differences for child barriers for parents/carers with children in South Coast Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> Ⓢ No barriers for child (OR=0.6, $p<.001$) 	<ul style="list-style-type: none"> Ⓢ Not interested/doesn't like physical activity/exercise/sport (OR=1.7, $p<.01$) Ⓢ Enough physical activity at school (OR=1.9, $p<.05$) Ⓢ Wrong age (too young/too old) (OR=2.9, $p<.01$) Ⓢ Child already does enough physical activity (OR=2.9, $p<.001$)

Figure 51. Child related barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Results by region (N=5273, December 2018–April 2019)



Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child) (Base: All parents/carers with a child aged 5–17 years)
Confidence intervals removed for clarity.

Barriers for parents/carers by Region

Parent/carer related barriers to physical activity by region are in Figure 52 and Table 63.

Apart from no barriers, the top barriers by region were as follows.

Far North Region

- ☞ Lack of time (26.9%)
- ☞ Too expensive/high cost (23.1%)
- ☞ Work commitments (22.8%)
- ☞ Weather (7.3%)
- ☞ No car/poor public transport/can't get there/too far (7%)

North Queensland Region

- ☞ Work commitments (32.2%)
- ☞ Too expensive/high cost (29.4%)
- ☞ Lack of time (28.1%)
- ☞ No car/poor public transport/can't get there/too far (10.9%)
- ☞ Caring for children (7.6%)

South West Region

- ☞ Lack of time (31.6%)
- ☞ Too expensive/high cost (30.6%)
- ☞ Work commitments (27.3%)
- ☞ No car/poor public transport/can't get there/too far (9.4%)
- ☞ Too much time transporting kids (6.9%)

North Coast Region

- ☞ Lack of time (32.2%)
- ☞ Work commitments (24.7%)
- ☞ Too expensive/high cost (21.3%)
- ☞ Caring for children (7.9%)
- ☞ Too much time transporting kids (4.6%)

South Coast Region

- ☞ Lack of time (30.7%)
- ☞ Too expensive/high cost (29.8%)
- ☞ Work commitments (29%)
- ☞ Caring for children (10.2%)
- ☞ No car/poor public transport/can't get there/too far (4.8%)

Significant differences in barriers for parents/carers by Region

Significant differences for parent/carer barriers as reported by parents/carers with children in Far North Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Work commitments (OR=0.8, $p<.05$) ☞ Caring for children (OR=0.5, $p<.01$) ☞ Caring commitments other than children (OR=0.4, $p<.05$) ☞ Too much time transporting kids (OR=0.6, $p<.05$) 	<ul style="list-style-type: none"> ☞ Lack of flexible activities (OR=1.9, $p<.05$) ☞ Weather (OR=3.0, $p<.001$)

Significant differences for parent/carer barriers as reported by parents/carers with children in North Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Activity not safe (OR=0.1, $p<.05$) 	<ul style="list-style-type: none"> ☞ Work commitments (OR=1.3, $p<.05$) ☞ No car/poor public transport/can't get there/too far (OR=2.2, $p<.001$) ☞ Too much time transporting kids (OR=1.5, $p<.05$) ☞ Don't know of places/clubs/organisations (OR=2.0, $p<.01$) ☞ Weather (OR=2.3, $p<.001$)

Significant differences for parent/carer barriers as reported by parents/carers with children in South West Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> NIL 	<ul style="list-style-type: none"> No car/poor public transport/can't get there/too far (OR=1.7, $p<.01$) Too much time transporting kids (OR=1.5, $p<.05$) Parent/carer has disability (OR=3.3, $p<.05$)

Significant differences for parent/carer barriers as reported by parents/carers with children in North Coast Region were as follows:

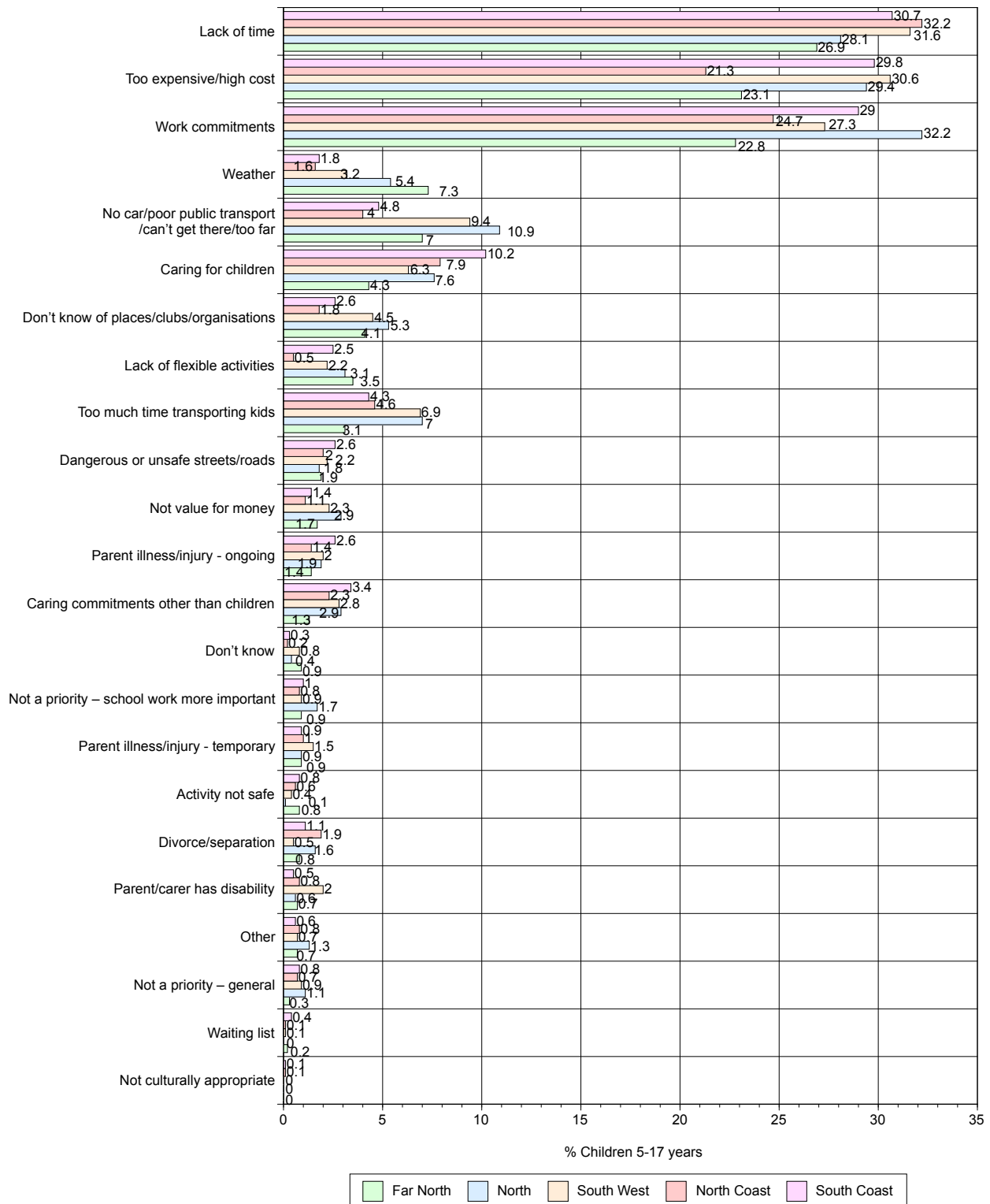
They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> No car/poor public transport/can't get there/too far (OR=0.5, $p<.01$) Too expensive/high cost (OR=0.7, $p<.001$) Don't know of places/clubs/organisations (OR=0.5, $p<.05$) Lack of flexible activities (OR=0.2, $p<.001$) Weather (OR=0.5, $p<.05$) 	<ul style="list-style-type: none"> NIL

Significant differences for parent/carer barriers as reported by parents/carers with children in South Coast Region were as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> NIL 	<ul style="list-style-type: none"> Caring for children (OR=1.5, $p<.05$) Too expensive/high cost (OR=1.3, $p<.05$)

Figure 52. Parent/carer related barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Results by region (N=5273, December 2018–April 2019)

Parent/carer barriers by region



Question: Were there any barriers for or your spouse as parents/carers to the child doing or increasing his/her physical activity over the past 12 months? (Base: All parents/carers with a child aged 5–17 years)
Confidence intervals removed for clarity.

Table 63. Barriers to Queensland children aged 5–17 years doing or increasing physical activity over the past 12 months – Parent and child barriers by region (N=5273, December 2018–April 2019)

Barriers	Far North (N=955)				North (N=955)				South West (N=956)				North Coast (N=1208)				South Coast (N=1199)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
Child Barriers																				
Not interested/doesn't like physical activity/exercise/sport	5.6	0.8	4.1	7.5	6.6	1	4.9	8.7	6.2	1	4.5	8.3	5.8	1.1	4	8.2	9.6	1.2	7.5	12.3
Too lazy	4.9	0.7	3.6	6.5	6.7	1	4.9	9	6.1	1	4.4	8.3	8.3	1.5	5.9	11.7	6.8	1	5.1	9.1
Too tired	3.7	0.7	2.6	5.3	4.1	0.8	2.7	6.1	5.6	1	3.9	7.8	4	0.7	2.8	5.6	3.8	0.7	2.7	5.4
Not enough time/too many commitments	7.1	1.2	5	9.9	7	0.9	5.3	9.1	7.9	1.2	5.9	10.5	8.7	1.2	6.6	11.4	9.8	1.2	7.7	12.5
Fear of injury	0.2	0.1	0.1	0.7	0.5	0.2	0.2	1	0.4	0.2	0.2	1	0.7	0.3	0.4	1.4	1.4	0.6	0.6	3.2
Fear about participation/scared	1.4	0.4	0.8	2.5	3.3	0.8	2.1	5.1	1.8	0.7	0.9	3.7	2.4	0.6	1.4	4.1	3	0.7	1.9	4.9
Body image issues (fear of being judged)	1.2	0.3	0.7	2.1	1.6	0.6	0.8	3.2	1.7	0.7	0.8	3.6	0.8	0.3	0.4	1.5	0.6	0.3	0.2	1.7
Girl/boy sport stereotypes	0	0	0	0	0.4	0.4	0.1	2.3	0	0	0	0	0.1	0.1	0	0.5	0.2	0.1	0.1	0.7
Enough physical activity at school	2.5	0.7	1.4	4.5	1.7	0.5	1	2.9	2.5	0.6	1.6	3.8	1.1	0.2	0.7	1.7	3.1	0.6	2	4.6
Wrong age (too young/too old)	1.3	0.4	0.7	2.3	1.7	0.5	1	3.1	0.8	0.4	0.4	2	0.2	0.1	0.1	0.6	2.3	0.8	1.2	4.4
Child not good enough	0.4	0.2	0.1	0.9	0.6	0.3	0.2	1.4	0.4	0.2	0.1	1.2	0.3	0.1	0.1	0.7	0.1	0.1	0	0.4
Not familiar with activity/rules	0.3	0.2	0.1	0.9	1.1	0.5	0.5	2.5	0.3	0.2	0.1	1	0.2	0.2	0.1	0.9	0.5	0.2	0.2	1
Nobody to do it with	0.9	0.3	0.4	1.9	2.4	0.6	1.4	4	1.6	0.5	0.9	2.8	0.7	0.3	0.3	1.4	2.1	0.7	1.1	4.1

Barriers	Far North (N=955)				North (N=955)				South West (N=956)				North Coast (N=1208)				South Coast (N=1199)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
Too competitive	0.9	0.4	0.4	2.1	0.3	0.2	0.1	1.2	0.5	0.3	0.2	1.4	0.6	0.4	0.2	1.9	0.8	0.3	0.3	1.9
Child has disability	3.3	1	1.8	6	4.3	0.8	3	6.2	5.3	1	3.8	7.5	3.9	0.9	2.6	6	5.9	1.1	4.1	8.4
Child has illness or injury – temporary	4	0.8	2.7	5.9	6.8	1.1	5	9.2	5.2	0.8	3.8	7.1	6.7	1.3	4.5	9.7	7.2	1	5.4	9.5
Child has illness or injury – ongoing	3.4	0.7	2.2	5.1	2.9	0.6	2	4.3	6.1	1	4.5	8.4	4.8	1.4	2.7	8.5	4.2	0.9	2.8	6.2
Other	2.6	0.7	1.6	4.3	1.7	0.6	0.8	3.5	1.5	0.5	0.8	2.7	0.6	0.2	0.4	1.2	1.2	0.5	0.6	2.5
Don't know	1.1	0.4	0.5	2	0.6	0.2	0.3	1.2	0.8	0.3	0.4	1.7	0	0	0	0	0.3	0.2	0.1	0.9
Child already does enough physical activity	2.7	0.5	1.9	3.9	2.5	0.5	1.6	3.7	0.7	0.3	0.3	1.5	3.3	1	1.7	6	6.9	1.2	5	9.6
No barriers for child	62.5	2	58.4	66.4	57.7	2	53.7	61.6	58.5	2.1	54.4	62.4	59.3	2.3	54.7	63.7	46.8	2.1	42.8	50.9
Weather	1.5	0.5	0.8	2.7	1.8	0.4	1.2	1.8	1	0.3	0.5	1.9	0.3	0.1	0.1	0.7	0.3	0.1	0.1	0.7
Parent/Carer Barriers																				
Lack of time	26.9	1.8	23.5	30.7	28.1	1.8	24.6	31.8	31.6	2	27.9	35.6	32.2	2.1	28.2	36.5	30.7	1.9	27	34.6
Not a priority – school work more important	0.9	0.4	0.4	2.1	1.7	0.6	0.9	3.5	0.9	0.3	0.5	1.8	0.8	0.3	0.4	1.7	1	0.3	0.5	1.9
Not a priority – general	0.3	0.2	0.1	1	1.1	0.4	0.6	2.1	0.9	0.4	0.3	2.4	0.7	0.3	0.3	1.5	0.8	0.3	0.4	1.8
Work commitments	22.8	1.7	19.7	26.3	32.2	1.9	28.6	36.1	27.3	1.8	23.9	31	24.7	2	21	28.8	29	1.9	25.4	32.9
Caring for children	4.3	1	2.7	6.8	7.6	1.2	5.6	10.2	6.3	1	4.5	8.7	7.9	1.4	5.5	11	10.2	1.4	7.7	13.3
Caring commitments other than children	1.3	0.5	0.6	2.6	2.9	0.8	1.7	4.9	2.8	0.8	1.6	4.7	2.3	0.7	1.3	4.1	3.4	0.9	1.9	5.8

Barriers	Far North (N=955)				North (N=955)				South West (N=956)				North Coast (N=1208)				South Coast (N=1199)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
No car/poor public transport/can't get there/too far	7	1.1	5.1	9.7	10.9	1.4	8.5	13.9	9.4	1.1	7.5	11.7	4	0.7	2.8	5.6	4.8	1	3.2	7.3
Too much time transporting kids	3.1	0.7	2.1	4.7	7	1.2	5	9.6	6.9	1	5.2	9.3	4.6	0.8	3.3	6.5	4.3	0.8	3	6.1
Too expensive/high cost	23.1	1.7	20	26.6	29.4	1.9	25.8	33.3	30.6	2	26.8	34.7	21.3	1.8	18	25	29.8	2	26	34
Not value for money	1.7	0.6	0.9	3.4	2.9	0.9	1.6	5.2	2.3	0.5	1.5	3.7	1.1	0.4	0.6	2.1	1.4	0.5	0.7	2.9
Don't know of places/clubs/organisations	4.1	1	2.5	6.6	5.3	1	3.7	7.5	4.5	0.8	3.2	6.5	1.8	0.5	1	3.3	2.6	0.9	1.4	5
Waiting list	0.2	0.2	0.1	1.1	0	0	0	0.2	0.1	0.1	0	1	0.1	0.1	0	0.3	0.4	0.4	0.1	2.3
Lack of flexible activities	3.5	0.7	2.3	5.2	3.1	0.7	2	4.9	2.2	0.6	1.3	3.7	0.5	0.2	0.2	1.2	2.5	1	1.1	5.2
Dangerous or unsafe streets/roads	1.9	0.5	1.2	3.2	1.8	0.5	1	3.2	2.2	0.6	1.3	3.6	2	0.6	1.1	3.5	2.6	0.8	1.4	4.6
Weather	7.3	1.2	5.2	10.1	5.4	0.9	3.8	7.4	3.2	0.7	2.1	4.9	1.6	0.5	0.9	2.8	1.8	0.6	0.9	3.5
Activity not safe	0.8	0.3	0.4	1.5	0.1	0.1	0	0.4	0.4	0.3	0.1	1.5	0.6	0.2	0.3	1.4	0.8	0.3	0.4	1.8
Parent/carer has disability	0.7	0.4	0.2	2	0.6	0.2	0.2	1.3	2	0.6	1.1	3.4	0.8	0.5	0.2	2.9	0.5	0.3	0.1	1.7
Parent illness/injury – Temporary	0.9	0.4	0.4	2	0.9	0.3	0.5	1.8	1.5	0.5	0.8	2.8	1	0.5	0.4	2.4	0.9	0.3	0.4	1.7
Parent illness/injury – ongoing	1.4	0.3	0.8	2.3	1.9	0.5	1.1	3.1	2	0.5	1.2	3.3	1.4	0.5	0.7	2.7	2.6	0.8	1.4	4.7
Other	0.7	0.3	0.3	1.6	1.3	0.6	0.6	3.1	0.7	0.3	0.2	1.7	0.8	0.2	0.4	1.4	0.6	0.3	0.2	1.4
Don't know	0.9	0.3	0.4	1.7	0.4	0.2	0.1	0.9	0.8	0.3	0.4	1.6	0.2	0.1	0.1	0.5	0.3	0.2	0.1	0.9

Barriers	Far North (N=955)				North (N=955)				South West (N=956)				North Coast (N=1208)				South Coast (N=1199)			
	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL	%	SE	LCL	UCL
Not culturally appropriate	0	0	0	0	0	0	0	0	0	0	0	0	0.1	0.1	0	0.5	0.1	0.1	0	0.9
No barriers for parent	39.7	2.1	35.6	43.8	34.3	1.9	30.7	38.2	35.4	2	31.7	39.4	39.9	2.3	35.5	44.5	36.2	1.9	32.5	40.1
Divorce/separation	0.8	0.3	0.4	1.8	1.6	0.5	0.9	3.1	0.5	0.3	0.1	1.5	1.9	0.7	0.9	3.9	1.1	0.4	0.5	2.4

Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child). How about any barriers for you or your spouse as parents/carers? (Base: All parents/carers with a child aged 5–17 years) Confidence intervals removed for clarity.

Barriers for children to participating in physical activities for sport, exercise and recreation by single age

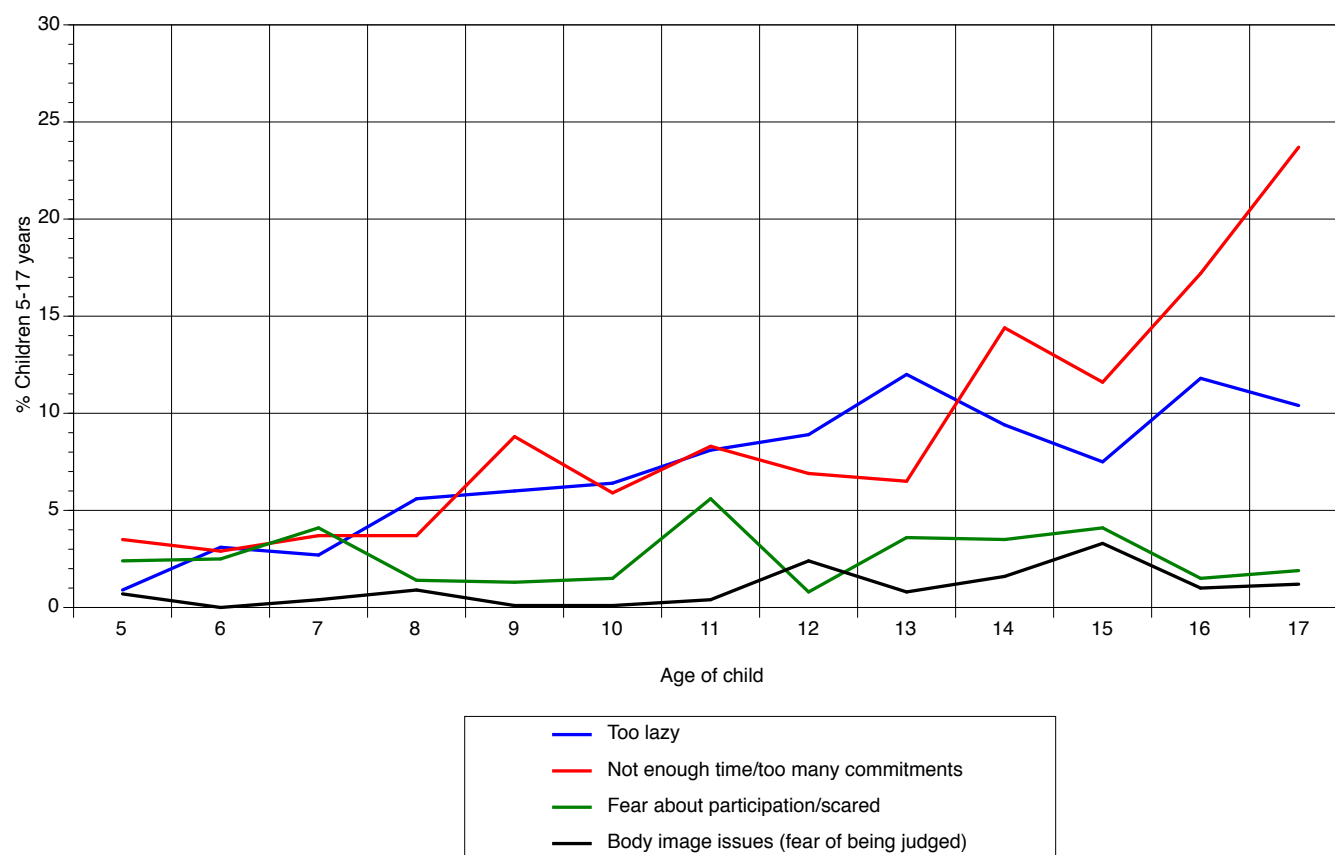
As part of the analysis, special barriers for children in participating in or increasing physical activity by single age were examined to identify the age at which barriers peaked or lessened. Results are in Figure 53. This data is only for descriptive purposes and should not be used to infer significant trends over time, as a prospective study would be needed to confirm such changes over time.

This analysis may highlight how barriers change by single years of age for descriptive purposes. It is notable that:

- Time and commitment pressures start to rise from age 13 and peak at age 16 and 17.
- Being lazy is generally not a barrier for young children, but peaks at age 13, decreases until 15 and then peaks again at 16 and 17.
- Fear about participation in activities peaks at age 11 and is higher in the early to mid-teens (13–15 years).
- Body image issues/fear of being judged starts to rise from age 12 and peaks around age 15.

While only presented for descriptive interest, this may provide some insight into how barriers impact children along developmental trajectories. A longitudinal study would be needed to understand these further.

Figure 53. Barriers for children to participating in physical activities for sport, exercise and recreation by single age (N=5273, December 2018–April 2019)



Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child). (Base: All parents/carers with a child aged 5–17 years) Confidence intervals removed for clarity.